

Activity**13****Enrichment**

Use with Chapter 4, Lesson 1.

Not All Juice Products Are Created Equal

When you shop for healthful fruit drinks, be a wise consumer. Some fruit drinks contain many additives. Others contain very little actual fruit juice.

Study these Nutrition Facts panels from containers of fruit drinks. Use the information to answer the questions that follow.

A. Zinger Orange Drink**Contains 31% fruit juice.**

NUTRITION FACTS	
Serving size: 8 fl. oz. (240 ml)	
Servings per container: 6	
Amount per serving	
Calories 120	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Sodium 20mg	1%
Total Carbohydrate 9g	3%
Sugars 5g	
Protein 0g	
Vitamin C	100%
*Percent Daily Values are based on a 2,000 calorie diet.	
Ingredients: Filtered water, orange juice concentrate, citric acid, natural flavors, orange soluble solids, pectin, artificial sweeteners, ascorbic acid (vitamin C), sodium citrate, yellow dye #2.	

Valley Fresh Products, Inc.
Miami, FL 34565

B. King Florida Orange Juice**100% Pure Florida Orange Juice!**

NUTRITION FACTS	
Serving size: 8 fl oz (240 ml)	
Servings per container: 8	
Amount per serving	
Calories 120	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Sodium 0mg	0%
Potassium 420mg	12%
Total Carbohydrate 29g	10%
Sugars 28g	
Protein 1g	
Vitamin C	120%
Thiamin (Vitamin B ₁)	10%
*Percent Daily Values are based on a 2,000 calorie diet.	
Ingredients: Pasteurized orange juice	

King Citrus, Inc.
Lake Pleasant, FL 32876

- Which drink (A or B) has added sodium? _____
- Which drink (A or B) contains a higher concentration of fruit juice? _____
- Which drink (A or B) is a better source of vitamins? _____
- Which drink (A or B) is a better source of carbohydrates? _____
- What is the main ingredient in drink A? _____
- The container for drink A contains 48 ounces and costs \$1.79.
What is the approximate cost per serving? _____
- The container for drink B contains 64 ounces and costs \$2.59.
What is the approximate cost per serving? _____